# Trainyard Blues

**Count:** 48 **Wall:** 4 **Level:** High Beginner
**Choreographer:** Jan Brookfield (UK) - March 2020
**Music:** Trainyard Blues - Larry Alderman

**Start after 16 counts**

**Section 1 : HIP BUMPS RIGHT, LEFT, RIGHT, LEFT; REVERSE ROCKING CHAIR**

| | |
|---|---|
| 1,2,3,4 | Step R to right side bumping hips right, transfer weight onto L bumping hips left, transfer weight onto R bumping hips right, transfer weight onto L bumping hips left |
| 5,6,7,8 | Rock R back, recover forward onto L, rock R forward, recover back onto L |

**Section 2 : BACK SHUFFLE, ROCK BACK, RECOVER; FORWARD SHUFFLE, ¼ PIVOT TURN**

| | |
|---|---|
| 1&2,3,4 | Shuffle back on R,L,R, rock L back, recover onto R |
| 5&6,7,8 | Shuffle forward on L,R,L, step R forward, pivot quarter turn left (weight on L facing 9 o'clock) |

**Section 3 : CROSS ROCK, RECOVER, CHASSE RIGHT; CROSS ROCK, CHASSE LEFT**

| | |
|---|---|
| 1,2,3&4 | Rock R across in front of L, recover onto L; chasse right on R,L,R |
| 5,6,7&8 | Rock L across in front of R, recover onto R; chasse left on L,R,L |

**Section 4 : SIDE, TOUCH, SIDE, TOUCH; ROCK BACK, RECOVER, ½ TURN SHUFFLE LEFT**

| | |
|---|---|
| 1,2,3,4 | Step R to right side, touch L next to R; step L to left side, touch R next to L |
| 5,6,7&8 | Rock R back, recover onto L; shuffle half turn over left shoulder on R,L,R ( 3 o'clock) |

**Section 5 : ROCK BACK, RECOVER, SHUFFLE FORWARD; "V" STEP**

| | |
|---|---|
| 1,2,3&4 | Rock L back, recover onto R; shuffle forward on L,R,L |
| 5,6,7,8 | Step R forward angled right, step L forward angled left; step R back in place, step L back in place |

**Section 6 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT, ROCK BACK, RECOVER**

| | |
|---|---|
| 1&2,3,4 | Chasse to right on R,L,R; rock L back, recover onto R |
| 5&6,7,8 | Chasse to left on L,R,L; rock R back, recover onto L |

**START AGAIN**